

Flight Jacket

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Marine Corps Air Station Miramar

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ARFF Marines watch over MEFEX '01

By Sgt. Troy M. Ruby

CPAO, MCAS Miramar

The three-person crew sits diligently waiting and watching. They keep a vigilant eye on Tent City looking for any sign of fire or emergency and are prepared to jump into action at a moment's notice.

These are members of the on-duty Aircraft, Rescue and Firefighting detachment supporting Marine Expeditionary Force Exercise '01, attached to Marine Wing Support Squadron 373.

"We are always ready to do what we do best and that's save lives," said Lance Cpl. Mathew V. Sheffel, ARFF driver and crew chief. "We came out here to support this exercise, to give us additional training and to alleviate any additional stress that this deployment might have on the Station fire department."

Although their main duty involves providing fire containment in the case of an emergency, they have several collateral duties that correlate with their main mission.

For instance, during the setup of the camp they preformed fire-safety checks of the tents, posted fire bills in the tents explaining how occupants can contact fire officials in case of emergency and placed fire extinguishers at strategic locations throughout the camp.

"Throughout the course of MEFEX we will do unscheduled inspections of the camp

to ensure that extinguishers have not been tampered with or moved and that no unsafe conditions have surfaced since our last inspection," said Sheffel.

For what may have seemed like an ordinary mission, this exercise was unusually rich with training value, said Sheffel.

"Normally, if there is a fire we can just roll up in our truck and put the fire out," said Sheffel. "This camp, however, is literally surrounded by environmentally-protected areas, so that is not an option. We had to devise a different manner of attacking a possible blaze."

"Normally, if there is a fire we can just roll up in our truck and put the fire out. This camp, however, is literally surrounded by environmentally-protected areas, so that is not an option. We had to devise a different manner of attacking a possible blaze."

Lance Cpl. Mathew V. Sheffel
ARFF driver and crew chief

To accomplish this, the crew laid out a hose stretching from the water source on the truck all the way to the camp. They also parked the vehicle in such a way that the member operating the water station on the truck could keep the firefighting crew in view at all times. This was necessary because the hose length

was so long that water pressure would have to be manipulated to maintain the proper pressure.

In addition, the ARFF crewmembers are also trained emergency medical technicians, so if the need arises, they can also augment the medical staff, said Lance Cpl. Ruben Acosta, an ARFF hand-line operator.

"This is an extremely rewarding job," said Sheffel. "We are here just in case, but when a situation does arise we are the first line of attack. That feels great."



Lance Cpl. Mathew V. Sheffel, ARFF driver and crew chief, checks the hose connection on his P-19 fire truck during MEFEX '01. During the exercise they kept watch over Tent City in the event of a fire emergency. Photo by Sgt. Troy M. Ruby

Volunteers could keep thrift store doors open

By 2nd Lt. John E. Niemann

CPAO, MCAS Miramar

The Navy Marine Corps Relief Society thrift store here needs volunteers or it may have to close its doors.

The store is operated entirely by volunteers to benefit Navy and Marine Corps members and their families.

"The store is running low on help; it is having trouble



Tasha Ginett checks out with Willie Fewell, a three-year store volunteer. The store carries used military uniforms at a fraction of the cost. Photo by 2nd Lt. John E. Niemann

getting volunteers," said Evans. "We can't hire as it's against the Navy Marine Corps Relief Societies policy. We are a volunteer-based organization, not-for-profit, so if we run out of volunteers the store will close."

Without it, a large number of families would be negatively impacted. Without the thrift store there would be no source of inexpensive clothing and uniform items on Station. Closing the thrift store would also decrease funds available to the Navy Marine Corps Relief Society, which help Sailors, Marines and their families, according to Anne Evans, director, Navy Marine Corps Relief Society Miramar.

The store is one of the most successful in the country, netting the military charity \$90,000 annually. This money helps Navy and Marine Corps families in various ways from scholarships and grants to paying for transportation for families of fallen Sailors and Marines.

"We have 38 shops around the country on Navy and Marine Corps Bases and 150 on ships to provide needful things to military members at reasonable prices," said Evans. The most expensive thing in the store is a Navy peacoat for \$10.

The thrift store services about 80 to 125 customers each day, though it's open for only three hours.

"I have a lot of mothers comment to me that if it weren't for this store they wouldn't be able to afford school clothes for their kids" said Louise O'Neill, 11-year volunteer and acting store chairman.

The store is in desperate need of help. Volunteering requires three days a week - Monday, Tuesday, and Thursday. The thrift store itself is open Tuesday and Thursday from 10 a.m. to 1 p.m.

"The volunteers get a strong sense of companionship and camaraderie and they really do have a lot of fun," said Evans.

"Volunteers do work hard, but they keep the shop going," said O'Neill. "Without hard working people the shop would easily close."

There are a lot of volunteer opportunities on Station and around the San Diego area, but few opportunities directly impact Station families like this thrift store.

Volunteerism is one of the three pillars of leadership that Maj.Gen. Charles F. Bolden Jr., commanding general, 3d Marine Aircraft Wing, has established for the 3d MAW. The general consistently stresses the importance of community involvement — especially the community on Station.

Belfiore cooks up winning recipe in MCABWA Chef of Quarter competition

By Sgt. Tisha L. Carter

CPAO, MCAS Miramar

Marines representing several West Coast Marine Corps installations competed here last week for Chef of the Quarter. Station Marines and their counterparts from Marine Corps Air Station Pendleton and Marine Corps Air Station Yuma entered the two-day competition, which consisted of a military board, quiz and, of course, food preparation.

The competitors are normally first term Marines, corporal and below, who have no advanced culinary education other than their six-week, basic military occupational spe-

cialty school. Corporal Elvida Ricker, MCAS Miramar, Lance Cpl. Nichole Jimenez, MCAS Pendleton, and Lance Cpl. Melissa Belfiore, MCAS Yuma, were selected to represent their commands at the event.

"These cooks are some of the best we have in the Marine Corps," said Master Gunnery Sgt. James A. Stewart, Food Service Technician, Marine Corps Air Bases Western Area.

The competitors began the first day by participating in a military board and taking a 50-question test over their MOS knowledge. Following this, they were given a raw item (in this case, chicken) and they have to build an entire menu around it.

"It can be whatever they want," said Stewart. "We allow them to be creative and utilize what they have learned in their last two and a half years in the Marine Corps."

On the second day, the three chefs began preparing their meals early in the morning. Not only were they being judged on taste, but on the appearance of their serving line as well as table setting. They all agreed that color was one of the most important aspects of their preparation.

Belfiore cooked up the winning recipe with a southern-style meal. Belfiore said preparation was the essential key to her success.

For her efforts, she was awarded a Navy and Marine Corps Achievement Medal, a trophy and a chef's smock.



Lance Cpl. Melissa Belfiore, cook, MCAS Yuma, serves up her winning dish during the Chef of the Quarter competition here. Photo by Sgt. Mike Camacho

MALS-11 runs ahead of pack



Devilfish stretch prior to participating in the Turf to Surf 5K Run/Walk at the Del Mar Racetrack July 29. Photo by Gunnery Sgt. Rodney Spindler

By Sgt. A.C. Strong

CPAO, MCAS Miramar

Marine Aviation Logistic Squadron 11 Marines and Sailors took part in the July 29 Turf and Surf 5K Run/Walk at the Del Mar racetrack.

The race benefits the Sharp Rehabilitation Program, which sponsors recreational activities to get people with spinal cord disabilities back into some of the activities they may have enjoyed in the past, according to Kathy Loper, race director.

Loper's company coordinates with different organizations to set up non-profit fund-raising events.

"I really enjoy working with the Marines," said Loper, who has been an event director for nearly 25 years and has been working for the MALS-11 Marines for about six years. "They volunteer to work events for anything to setup, water and food distribution, course marshals to the break down and clean-up of the areas," said Loper.

"We specifically pick events that are not only races, but are volunteer efforts," said Gunnery Sgt. Rodney Spindler, MALS-11 production controller.

"They're wonderful," said Loper. "They were the first group there to help. No matter what we asked them to do they did it and did it professionally."

Loper added, "They ran it, then they came back and helped break it all down afterward."

According to Loper, much of it has to do with the efforts of Spindler.

"He spear-heads it," said Loper, "then makes certain it stays organized."

"The Marines and Sailors of MALS-11 wholeheartedly support community service in the Greater San Diego area, and this is just one with which they play their part in the local community," said Lt. Col. Bill Cooper, MALS-11 commanding officer. "We are proud of our Marines and Sailors, because this is off-duty on their own time, and the Squadron and MAG-11 fully support the outreach efforts of these servicemembers."

The July 29 event was not the last the squadron will participate in this year, according to Cooper and Spindler.

"The next big one is the Light the Night Run, September 15," said Cooper. "It is our hope that these Marines can motivate other units to support their local community in their own way."

Both parents' OKs needed under new Children's Passport Law

By Gerry J. Gilmore

American Forces Press Service

WASHINGTON — Under a new law, effective July 2, the State Department now requires both parents' consent to obtain passports and visas for overseas travel of children under age 14.

The intent of the law is to lessen the chance that parents can abduct their children and use U.S. passports to escape with them overseas, said John M. Hotchner, acting managing director of the U.S. State Department's Office of Passport Services. He said the State Department working on about 1,000 overseas child abduction cases.

The law affects service members, who are required to secure passports for spouses and children accompanying them to overseas duty stations, Hotchner remarked in a July 17 interview with the American Forces Information Service. Service members themselves do not require passports, he added, because they fall under military Status of Forces Agreements.

Defense Department civilians, Hotchner noted, are re-

quired to secure passports for themselves and nonmilitary family members who will be accompanying them to overseas duty assignments.

He said both parents must now sign children's passport application forms, unless one parent is unavailable because of geographical separation, divorce or other circumstances. In this case, Hotchner said, the parent applying for a child's passport needs a signed, non-notarized letter or statement from the absent parent that provides permission to take the child or children overseas.

Hotchner said he has already heard of instances where permission letters were faxed from overseas.

Separated or divorced military or DoD civilians with sole custody agreements shouldn't have a problem obtaining passports for their children under the new law, Hotchner said.

"It is fairly easy if there is a custody order. If one parent has sole custody, then consent from the other parent isn't necessary," he said.

Hotchner said the new law complements an existing program that allows parents concerned about possible abduction to register a child under age 18 with the State

Department's Office of Children's Issues. The custodial parent files a copy of the (sole) custody order with State. Should the non-custodial parent then apply for a passport, it would not be issued, he said.

Ultimately, Hotchner said, the parents must resolve issues affecting their children's passports between themselves.

"We'll take a look at any kind of documentation that an individual parent wants to submit that will help to overcome the presumption that there should be a second parent signing the passport application," he said.

In those instances when one of the parents simply won't consent or participate in the process, "then, they'll have to work it out between themselves and, if necessary, resort to the courts to get it settled," Hotchner said.

A court-sanctioned custody agreement between separated or divorced parents can award custody to an individual parent and require that the couple work out travel arrangements, Hotchner said. For instance, he noted, it can be written to prevent a child from going abroad without both parents' permission.

Melanoma kills – protect your skin

By Staff Sgt. Marcia Triggs

Army News Service

Every hour someone will die from the fatal skin cancer, melanoma. Although some will get the disease genetically, health officials point out the best preventive measure is to avoid excessive sun exposure.

“Avoiding the sun’s rays is not possible for soldiers who are training for real-world engagements, but it is the commander’s responsibility to make sure his soldiers are wearing sunscreen,” said Lt. Col. George Turiansky, assistant chief of Dermatology Service, Walter Reed Army Medical Center, Washington.

Melanoma - the least common of three basic skin cancers - is the most deadly, according to the American Cancer Society. It is treated by surgical removal. While the number of soldiers who have been medically discharged because of skin cancer is low, this year’s numbers have almost surpassed the number of soldiers discharged two years ago, despite six months remaining this year.

Within the Army, in 1999 there were six cases. Last year there were 12 and this year five soldiers have been separated or retired from the Army after a medical board determined they were unfit for duty, said Dr. Charles Peck, senior medical adviser for U.S. Army Disability System at Walter Reed.

An estimated 51,400 new cases of melanoma will be diagnosed this year in the United States, that’s a 9 percent increase from last year, according to the American Academy of Dermatology. It’s unclear if military members are also increasingly be-

ing diagnosed with melanoma and other skin cancers because officials say the armed services don’t keep a database.

During the summer months many people spend hours relaxing, playing or training during the hottest times of the day. However, people who have excessive exposure to ultraviolet radiation are more at risk of being diagnosed with melanoma, Turiansky said.

“The beach is a beautiful place, but there are life-saving rules that need to be followed before going out there,” Turiansky said. “You modify your lifestyle to do what’s good for you and protecting yourself from the sun is good for you.

“One out of 71 Americans have a lifetime risk of developing melanoma, but I still see soldiers running in the sun without shirts and sunscreen use,” Turiansky said

Excessive exposure to the sun should be avoided between 10 a.m. and 4 p.m. because that’s when the rays are the strongest, Turiansky said. Sunscreen should be applied at least 15 to 30 minutes before going outside and it should have at least a sun protection factor of 15, he said. People should wear hats and clothing that will cover their skin, he added.

Tanning beds are also unsafe because any exposure to ultraviolet light is harmful, according to Turiansky.

There are many possible reasons melanoma incidences are increasing at alarming rates. One reason, said Turiansky, is that individuals are living longer, which may possibly result in more skin diagnoses with time. The ozone layer is thinning, and people are less protected against the ultraviolet rays,

he said. Also, more people could be going to the doctor when they notice changes on their skin. He added that public awareness of the disease has increased with media attention.

However, it is very clear to health officials that skin cancer can strike anyone.

A fair-skinned major, who was at the peak of his Army career, noticed a mole on his body that started getting larger over time. Moles and skin growth that change in size and color may be the warning signs of skin cancer, Turiansky said. The major said he had never been one to spend a lot of time in the sun, but a doctor diagnosed the mole as malignant melanoma.

Twenty years and six melanomas later, now retired Col. Ralph Churchill, spends every six months in a dermatologist’s office being examined for reoccurring or new melanomas.

“It was never really determined how I got it. Some attribute it to the sun,” Churchill said. “But it’s something that will be a part of my life for the rest of my life, and I have to deal with it.”

Caucasians are 10 times more likely to be diagnosed than other races, according to the American Academy of Dermatology. Individuals with increased chances of being diagnosed are people who have fair skin, moles, freckles, blond or red hair. The risks increase if individuals have parents, children or siblings who have had melanoma and if a personal history of prior melanoma exists.

People like Churchill who have been diagnosed once with melanoma are nine to 10

times more likely to develop another melanoma, but if the cancer is diagnosed in the early stages and confined to the upper layer of the skin it can usually be treated successfully, Turiansky said. However, if not detected in its early stages, melanoma is a very aggressive disease and can spread to organs inside the body, which leads to metastatic disease, he said.

Metastatic disease is melanoma that has spread beyond the skin. Surgery for patients with widespread metastasis is not an option and long-term survival is uncommon, Turiansky said.

When melanoma goes untreated it goes deeper in the skin and beyond to other organs and the prognosis gets worse, Turiansky said. This is the reason, he said, dermatologists stress the A-B-C-D rule, a way examining existing or new moles.

The A stands for asymmetry, which means if the mole is divided in half it should be a mirror image of itself. The B is for border irregularities. The C is for color variation, which means the pigmentation is not uniform. The D is for diameter. The width is greater than six millimeters.

“I recommend that people do self-examinations in front of a long-length mirror and with a hand-held mirror to get the back and other hard to see areas,” Turiansky said. Melanoma can develop anywhere there is skin or mucos membranes. Most common sites are the upper back for both men and

See **Cancer**, page 11

Immunizations needed for school

By Cpl. C.A. Eriksen

CPAO, MCAS Miramar

It is that time of year again. Summer is coming to an end. The stores are having their big sales. It is back to school for the children - time to make sure the children have all the needed school supplies; pens, pencils, paper, etcetera. One of the supplies that can easily get overlooked is the required immunizations or shots needed for enrollment into school.

According to the California School Immunization Law, children must have their required immunizations before they can attend school or childcare.

Seventh grade immunization requirements went into effect July 1, 2000 and a varicella (chickenpox) requirement went into effect for kindergarten July 1, 2001, according to County of San Diego, Health and Human Services Agency Immunization Program.

When registering children for school, a copy of their immunization record must be presented. If the child does not have one, contact their doctor for a copy or the state of California’s Department of Health Services Immunization Branch for a California School Immunization Record to be filled out by a doctor.

San Diego Unified School District Administrative Procedure No. 6355 requires all immunizations for school age children before the student will be allowed to enroll into school.

The immunization requirements are based upon the age of the child and if the student is transferring from outside the

school district.

Children in a day care, entering kindergarten or first grade if kindergarten is outside of California, seventh grade students and all children transferring from outside the United States are required to have all immunizations prior to enrollment, according to the San Diego Unified School District Administrative Procedure No. 6355.

In addition there is a 30-day grace period for children who are transferring from within the school district or from other school districts within the United States to provide immunization verification.

There are some exemptions to the required immunization as outlined in the California School Immunization Law. Parents of children who fall within the exemption categories should verify with a doctor.

The station Family Medical Center offers immunizations and provides parents with a California School Immunization Record form PM 286. Immunizations can be obtained by scheduling an appointment at 577-6739, according to Sue D. Cole, Family Medical Center medical assistant.

More information can be obtained from the County of San Diego, Health and Human Services Agency, Immunization Program at (619) 692-8691.

The California School Immunization Law allows a child to be exempt from the immunization requirements for personal beliefs or medical reasons. Ask your school or child care provider for details.

Ad Space

Mir **Remarks**

What kind of recreational program and services would like to see on station?



"I'd like to see a paintball field and league. I love to play it."

Pfc. Shaul E. Brown
H&HS
personnel clerk



"I would like to see more Hobby classes that incorporate the entire family."

Chief Warrant Officer 2 Garrett I. Bridges
MAG-11
GPAC information management OIC



"A survivor type challenge, very similar to a reality show like we've seen on TV, competing against another base."

Cpl. Antonio J. Lane
MALS-11
operations clerk

'What's it going to take?' asks sergeant major

By Sgt. Maj. Stephen H. Mellinger

Commentary

There are numerous ways a leader can motivate us to do the right thing.

Sometimes we get motivated from hearing inspiring words of encouragement. Other times the proper motivation by a leader might require his boot to our backside (figuratively speaking) to get us to correctly respond to his instruction.

How a leader motivates depends on the leader himself and the individual's needing motivation.

Regardless of the form of motivation used, it's useless if those on the receiving end were not moved to do the right thing.

And that brings me to the subject of this article. How can I motivate each of you to stop putting yourselves in danger both at work and while on liberty?

Marines, we continue to lose our brethren (to death or severe injuries) needlessly and at an alarming rate to senseless accidents.

There is no acceptable explanation as to why so many Marines are dying, or becoming injured in peacetime other than to say it's a result of carelessness or poor decision making.

So (rhetorically speaking), what mode of motivation will it take to cause you to re-

spond to common sense safety measures?

Many of you may have read an earlier article of mine on, "The School of Hard Knocks."

Basically, I encouraged you to listen to the wisdom of those of us who had already attended the classes and still bear the scars and consequences of our careless actions.

In this article too, I could try motivating you to "think safety" before you act by scolding you like children, pampering you, threatening you or whatever else I thought would make you realize it's your life and limbs I want you to protect.

I could yell at your command's leadership to get more involved to ensure you act more responsibly both on the job and during your liberty time.

I could quote you mounds of statistics showing you how senseless and preventable most deaths and serious injuries are if only we would think before we act.

I could encourage your commands to do a better job assessing your ability to be responsible.

If, for example, you're found not to be a responsible Marine at work, then don't let you operate a POV aboard the facility.

After all, operating a motor vehicle on a military installation is a privilege, not a "right."

Maybe that is the type of motivation tool needed to get you to be more responsible and safety conscious in your actions.

Yes, I could do any number of the above suggestions or others to motivate you to do the right thing as a motor vehicle operator, scuba diver, swimmer or anything else that may put you at risk, but the question remains, "would it be enough to get you to always do the right thing?" I don't believe it would.

I don't believe it would cause any of you to be anymore careful of your personal welfare than what you choose to be now.

I believe it's like leading the old horse to the watering hole. You can lead him to it, but you can't make him drink!

I learned a long time ago that I could only change one person's mind to either do or not do something.

That one person is me. I can't "make" anyone else feel the same way I do about anything.

I can only try to persuade (or motivate) them to see things as I do. And that includes being more safety conscious.

Others can try and motivate, threaten or warn you to be safe at work or on liberty, but only you can choose to do the right thing.

Remember, no one can, or will, take better care of you than you. Take care of yourselves Marines!

Sergeant discusses 'field day' and the joy of sarcasm

By Sgt. Bill Lisbon

Commentary

Field Day. We all know what it means — clean up your area so you can go on libo — but have you ever sat back and really thought about the term "field day?"

When I was in junior high we had a field day once a year, but on that day we all competed against other homerooms in sporting events — outside for the most part. So it made perfect sense to me then. The day was barrels of fun. Everybody looked forward to it. We even had T-shirts made up.

Yet, in the Marine Corps, it takes on a whole other meaning, and the term itself didn't make any sense to me. We're not spending a day in the field. We're not cleaning the field. Most field days don't even take a whole day, unless maybe the Commandant's in town. Why don't they just call it "clean-up time" like normal human beings? Or if you want to keep it in exhaustive military speak, you could call it a "period of adrift gear security," which would then of course be turned into the acronym PAGS.

We use the term "field day" not as a noun, but as a verb — "I've got to go field day my room." When did that happen? You rarely ever hear it used as an actual day — Thursday is field day, and on that day we clean.

"So where did it come from? Who coined this term that is forever adopted into a Marines' daily vocabulary? Hell if I knew. So I went digging.

After searching a few Web sites that claimed to give the origins and definitions of military terms, I still only had a definition of the term "field day," not why it's called that. Next, I spoke with Ingrid Schultz, an intern at the Marine Corps Historical Center at the Wash-

ington Navy Yard, who faxed me a page out of "A Dictionary of Solider Talk," written, not surprisingly, by three soldiers. It defined "field day" as a day devoted to a display of military drill and equipment, to impress the local citizens and taxpayers, but said it was an ancient military term.

However, the last sentence said that in the Marine Corps, it means a general cleanup, as if to say we're off on our own program. Yet, you could draw some conclusions from the ancient definition and ours. Maybe in preparation for a field day (noun), they would have to field day (verb) their weapons and gear.

Still I wasn't satisfied. Next I contacted the Navy Department Library, also at the Navy Yard, and they faxed me the "field day" entry from "Origins of Sea Terms," by John G. Rodgers. It stated: "A day, or a few hours, set aside for cleaning up on deck or below. The term was undoubtedly originated by Navy people, who enjoyed nothing more than scrubbing the decks and paint-work, shining the brass, etc., sometimes to get ready for an inspection. Now in fairly general use, the term appeared during and shortly after World War I." Note the sarcasm.

So there it was. The term itself was founded on a joke. "The skipper wants us to clean the ship again. Oh, what joy — It's going to be a regular field day." Again, note the sarcasm. And it makes sense. Not too many people enjoy field days, so why not contrast them with one of those cherished days

of our youth? Yet I'm sure there are other legends regarding the origin of the term. That's part of the fun of colloquialisms. If anybody out there knows a different tale, please, let me know. So next time you field day remember to have fun. Yeah, right.

Lisbon is with Marine Corps Base Camp Pendleton's newspaper, The Scout.

NOW TELL US WHAT YOU THINK

Do you have something to say? Do you have a strong opinion? Do you have news? Did you take a newsworthy photo? Would you like to see your byline in the Flight Jacket?

The newspaper staff encourages Marines to submit commentaries, letters to the editor or other articles or photographs. Story submissions can be sent by mail to: FJ Editor, H&HS PAO PO Box 452013, San Diego, CA 92145; by fax to 577-6001 ATTN: FJ Editor; or by e-mail ombpaoflight@miramar.usmc.mil.

Pond reconstruction offers glimpse of new Station recreational paradise



Marines from MWSS-373 use a bulldozer to clear weeds and brush as part of restoration of Miramar's fishing pond. Photo by Staff Sgt. John C. DiDomenico

By Sgt. Carolyn S. Sittig

CPAO, MCAS Miramar

Marines from Marine Wing Support Squadron 373 with the assistance of the station fire department have been busy restoring a recreational fishing pond here at Marine Corps Air Station Miramar.

Nestled just beyond the flight line and hidden within the hills, lies Miramar's future recreational fishing pond. The pond will serve as a close, convenient and relatively easily accessible location for servicemembers and their families to use.

The recreational fishing pond will be stocked with bluegill, channel catfish and large-mouth bass. Aside from the lure of fish, it will have 13 picnic facilities with picnic benches. Also a two-to-three mile running

course will be constructed along with several hiking trails in the vicinity of the pond.

The recreational fishing pond will be open to active-duty, retired and reserve servicemembers, DoD civilians and family members.

Currently, the pond is dried out and Marines from Marine Wing Support Squadron 373 are hastily excavating the sediment using heavy equipment. They will be moving in more equipment over the next week to speed up the process. Once the sediment is removed many of the final tasks involved in this project can be completed.

"Everything is hinging on the completion of removing sediment and recounting of the shoreline," emphasized Bob Taylor,

See **Pond**, page 11

Unit PT: You can't just run anywhere

By Cpl. Kristopher S. Haloj

CPAO, MCAS Miramar

For months now, e-mails have circulated, phone calls have been made and even a small article has been published in the Flight Jacket, explaining, in detail, where and where not a unit run is authorized to commence. Despite the "word" being passed around like a barracks mop, units are still conducting runs in unauthorized areas.

"Formation/unit training must stay clear and away from family housing," said Staff Sgt. Melissa A. Marshall, protocol officer, G-1. "In particular the area around the exchange and old trailer park just behind Miramar Lodge is not authorized for unit training."

According to Marshall, Mills Park is only authorized for sports play such as soccer and football. By no means are units to conduct any type of training on the surrounding streets — to include running.

Due to the many complaints from Station housing residents formation runs through and near Station housing are not welcome — but that is not the main reason

units are being told to stay off those streets and many others.

According to Lt. Col. Tommy L. Hester, Provost Marshal here, troop safety is the reason it is so important to keep formation runs out of the unauthorized areas.

Major General William G. Bowdon, Commander, Marine Corps Air Bases Western Area, has identified two specific areas at which units can conduct their physical training — the Red Course, beginning adjacent to the Officers' Club and continuing along the surrounding road, and Hangar 0, beginning at the road along side of the hangar and continuing around the end of the airfield.

The restriction applies to any unit larger than a fire team. Units may not break down into multiple fire teams as a means of circumventing this guidance. Marines and Sailors running on an individual basis are authorized to do so throughout the station.

An official order stating these rules is in the works, but as of now units are expected to adhere or suffer the consequences.

For more information concerning the authorized areas for unit physical training call Station Safety at 577-1360.

Ad Space

ARFF Marines sharpen medical skills at Station clinic



Lance Cpl. Ramone W. Garcia started working at the acute care area at the Branch Medical Clinic Monday as an EMT. For more than a year ARFF and the clinic have been participating in a program designed to give hands-on training to ARFF Marines as actual EMTs. *Photo by Sgt. Mike Camacho*

By Sgt. Mike Camacho

CPAO, MCAS Miramar

Navy corpsmen have a reputation for taking care of Marines. Recently, Miramar's Aircraft Rescue Firefighting Marines have gained a reputation of their own for aiding those needing medical assistance.

For more than a year, ARFF Marines from Headquarters and Headquarters

Squadron have been working to qualify for their certification as Emergency Medical Technicians. Once the Marines become qualified EMTs they have the opportunity to work hands-on in the medical field as part of the acute care area of Marine Corps Air Station Miramar Branch Medical Clinic.

"Every single Marine who comes over to join the team here at the clinic has worked just as well as Navy corpsmen and

more often than not, their initiative makes them better," said Petty Officer 2nd Class Jacob D. Hogan, acute care area assistant leading petty officer.

It takes the Marines one month of eight hour classroom education to get the required hours of study for certification. After taking the classroom final exam, Marines are ready to take the California EMT registry exam.

It is the ultimate goal for Station firefighters to pass the national registry exam to become certified in 32 states.

The EMT certification makes these ARFF Marines more proficient in an occupation where having hands-on experience may make the difference in a life or death situation. It affords them the opportunity to make a larger impact in the San Diego community, or wherever they may be stationed next.

Denver native Lance Cpl. Ramone W. Garcia, aircraft rescue firefighter and EMT, only started working at the acute care area of the Branch Medical Clinic Monday, but he's excited about the change

in atmosphere.

"I enjoyed my job before, but this opportunity will allow me to use all of skills that I've learned," said Garcia. "It's going to make me a more efficient firefighter."

When the Marines are working at the acute care area they are functioning just as a Navy corpsman would. These Marines take care of the patients and are always ready for an emergency call.

"When these Marines come here, they are not just a helping hand," said Jacksonville, Fla., native Petty Officer 1st Class Ken Kirk, acute care area leading petty officer. "These devil dogs come over here and become an integral part of this team."

Kirk added that after about two weeks of getting to know the how the acute care area functions, the Marines go into autopilot.

"This program has become an invaluable asset to the acute care area as well as the air station," said Kirk. "Great training is great training, and this program is beyond compare."

Ad Space



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Marksmanship Training Unit puts H&HS 'in the black'



Coach Cpl. Valo S. Gonzalez, through instruction, carefully guides Staff Sgt. Tanya E. Huling, career planner, H&HS, into the black as she sends rounds down range. Photo by Cpl. Kristopher S. Haloj

By Cpl. Kristopher S. Haloj

CPAO, MCAS Miramar

Going to the rifle range for annual qualification can be nerve racking for many Marines aboard Miramar. They haven't held, much less, shot a rifle in close to a year, and now they have to report for snap in at 8 a.m. on Friday. After a few measly hours of getting reacquainted with an old buddy, the M-16A2, they are expected to head up to Marine Corps Base Camp Pendleton at 5

a.m. Monday morning and qualify. Appalled by the ridiculously high-unqualified percentage among Headquarters and Headquarters Squadron Marines, the command enacted a Marksmanship Training Unit.

"This station being the way it is, the Marines here only get to qualify once a year. So it is really important that they get quality training, the Marine Corps order states that Marines are suppose to get five days of snap-in time and prep-time prior to going to the range," said Gunnery Sgt.

Willie J. Carter, training chief, H&HS. "That is what this program is designed to do, give them that opportunity, because they only get to do it once a year."

Carter and Staff Sgt. Timothy D. Ingram, training staff non-commissioned officer-in-charge, H&HS, spearheaded the movement of getting an MTU established for the squadron. In piecing together an effective unit, they assembled Marines from many of the units within the squadron and sent them to marksmanship training school where they learned to be coaches and primary marksmanship instructors.

According to Carter, the coaches and PMIs designated to the MTU have one purpose in life – to get you rifle qualified.

And that is just what they've been doing. By the end of fiscal year 2000, 23 percent of H&HS Marines did not qualify on the rifle range. Since the MTUs introduction in February, that number has dropped dramatically. As of now, 95 percent of all H&HS Marines have qualified.

"The last two ranges, in particular, went clean – everybody qualified on the range," said Carter. "The one prior to the

last, KD 24, had 23 shooters. All came back qualified and the last detail had 29 shooters and all of them came back qualified."

With the unit in place, Marines are given five days of marksmanship training prior to going to the range. They get a thorough refresher course on the fundamentals of marksmanship and they get plenty of time to secure comfortable firing positions. The Friday before they set sail for Camp Pendleton, Marines wrap up their marksmanship training at the Instructor Simulated Marksmanship Training range. This has proved time and again to be a great way for Marines to warm up to the idea of actually firing the M-16A2.

As a bonus, the H&HS training section has made it possible for Marines not caught up on their other annual/biannual qualifications, to do so during five days of marksmanship training. For example, if Marines taking part in the marksmanship training need to take their Physical Fitness Test for the period, there is time allotted for that.

"Now we are incorporating block training. The whole evolution – we get the PFT knocked out – the gas chamber knocked out, of course, the rifle range knocked out and the Battle Skills Training knocked out," said Carter. "It is working out for the sections. Now they're not burdened with making sure all of the training requirement get done. We are doing it all in one pop."

According to Capt. Thomas M. Stackpole, training officer, H&HS, they have been trying to put together an MTU for about a year, but they couldn't get Marines to participate, their sections couldn't afford to let them go, due to the fact that most sections are undermanned and it is a six-month duty.

"Finally the [unqualified] rate got so high, we made the sections aware of it and they realized they had to give bodies. That is why we were able to do it, because the sections, who are undermanned, were able to still cough up some bodies," said Stackpole. "So it was all made possible by the different sections of H&HS. Without them this wouldn't have happened."

"The MTU will continue to help prepare H&HS Marines for their rifle qualification until a rifle range is constructed aboard Miramar. At that time, range officials will orchestrate preparatory training for the range," said Ingram.



After a string of fire from the 200-yard line at Wilcox Rifle Range, Camp Pendleton, Lance Cpl. Joseph C. Matthews, military police officer here, looks to coach Cpl. Valo S. Gonzalez for some pointers. Photo by Cpl. Kristopher S. Haloj

Ad Space

Miramar blanks Base Comm., 10-0, avenges only inaugural season loss

By Cpl. Micheal O. Foley

CPAO, MCAS Miramar

MARINE CORPS BASE CAMP PENDLETON — On the strength of a first-quarter, a 48-yard pass and stingy defense, the Miramar Jaguars stopped Base Communications 10-0 at the 11 Area Mainside football field here Tuesday.

With the two toughest teams behind them, the win brings Miramar's record to 3-1 in the Camp Pendleton Tackle Football League. Earlier in the season the Jaguars lost to Supply Battalion, 6-3.

The Jaguars started quickly from their own 13-yard line on their initial drive. A 15-yard penalty, a pass and a run brought them out to the 42-yard line in a flash. That's when quarterback Odis Alexander hooked up with Jermaine Rutledge for a 48-yarder down to the Base Comm. 10-yard line.

"It was a huge play I drew up in my head earlier in the week," said head coach Richard L. Mohney. "It worked against our defense in a seven-on-seven scrimmage and I wanted throw a different kind of look at Base. This play was very successful."

From there Miramar accepted an offside penalty and penetrated the goal line on the second running attempt up the middle. Running back David L. Philpot carried the pile into the end zone from the 2-yard line. Kevin Mercier booted the extra point to give the Jaguars an early 7-0 advantage.

After a bad kickoff, Base Comm. had good field position at their own 45-yard line. The defense held its ground, however, allowing only one first down and forcing a turnover on downs. It was the last time Base Comm. would have good field position for a while. Their next possession Mercier pinned them deep with a punt to the 16-yard line. Jaguar cornerback Floyd Elam responded with an interception which he returned all the way to the 13.

The chance was squandered, however, when Miramar fumbled and Base Comm. retained possession at the 4-yard line. The Jaguars' next opportunity was missed as well, when Mercier's 34-yard field goal attempt failed.

They capitalized, however, when the Base Comm. punter fumbled a low snap and was tackled at the 9-yard line before getting a punt off. Mercier punched 26-yard field goal through the up-rights to give Miramar a 10-0 edge midway through the second quarter.



Running back David L. Philpot carries several defenders into the end zone Tuesday for the game's only touchdown. Photo by Cpl. Micheal O. Foley

The defense held the rest of the game, getting five more turnovers including another interception from Elam and two more from defensive back Kwame Djadoo.

"We were lucky to get as many turnovers as we did," said Mohney. "All the interceptions and fumble recoveries were huge. Our defense controlled the line of scrimmage all night."

The offense wasn't as bad as it was in the Supply loss, but it still has a lot of room to improve. The Jaguars only came away with 10 points after five attempts inside the Base red zone, but they were able to move the ball down the field.

"The offensive line's tremendous improvement starts with practice," said Mohney. "The offensive line seems to be as focused now as last year's was. I have back-ups in

each position and I still haven't started the same five in any game yet."

Beating Base Comm. means Miramar has now avenged its only loss of last season. Base beat Miramar 36-10 in last year's championship game, ending the Jaguars' hopes of an undefeated inaugural season. Although they have dethroned the champs, Mohney still doesn't think that Miramar is the team to beat in the Camp Pendleton Tackle Football League.

"Supply Battalion, right now, is the team to beat. We will, however, get another chance to prove ourselves sometime this year," Mohney said.

The team's next game will be against the Marine Corps Tactical System Support Activity at Camp Pendleton's 11 Area Mainside football field Thursday at 6:30 p.m.



Miramar quarterback Odis Alexander passes to receiver Jermaine Rutledge for a 48-yard gain early in the first quarter Tuesday. Photo by Cpl. Micheal O. Foley

Ad Space

DEERS/I.D. Card office closure

The Defense Enrollment Eligibility Reporting System and I.D. Card Center will close at 1 p.m. Aug. 10. The sections will resume normal hours Aug. 13. If you need immediate assistance please call Roxanne at (619) 524-8740.

For details call 577-1142 or 1421.

Flying Leatherneck Aviation museum needs your help

Do you have an interest in military aviation history?

The Flying Leatherneck Museum at MCAS Miramar is looking for volunteer docents and gift shop attendants.

The museum has aircraft from World War II, the Korean War, Vietnam War and the Persian Gulf War. The museum is located on station and is open to the public.

Call The Flying Leatherneck Historical Foundation at 693-1723 for details.

Be a good sponsor

Have you been selected to sponsor a Marine coming to Miramar? The Marine Corps Community Services' Relocation Program offers a one-hour training session every Wednesday at 9 a.m. in the Joint Reception Center.

Call 577-1428 for more information or to register.

Free movies from MCCS

Today

**Live Comedy Show
Evolution**

Saturday

**Shrek
Atlantis: The Lost Empire**

Sunday

**Shrek
Moulin Rouge!**

7 p.m.

(PG-13) 9:30 p.m.

(PG) 6:30 p.m.

(PG) 8:30 p.m.

(PG) 1 p.m.

(PG-13) 6:30 p.m.

Wednesday

The Fast & the Furious

Thursday

**Doctor Dolittle 2
Evolution**

(PG-13) 6:30 p.m.

(PG) 2 p.m.

(PG-13) 6:30 p.m.

The Station theater is equipped with a 35 mm projection system and Dolby Digital Surround Sound. All movies are free for DoD ID card holders and their guests. For movie synopses see the current theater flyer or call 577-4143.

Summer Comedy Show

Impromptu comedians take over the Station Theater tonight as the National Comedy Theater presents a PG-13-rated comedy show. If you like the television show, "Whose Line Is It Anyway?" you won't want to miss this show, brought to you by Marine Corps Community Services.

Call 577-6377 for details.

Classic Rock and Country performers coming to Miramar

Rock the night away with "Smith and Western" at Mills Park Aug. 15. The show will run from 6 to 8 p.m. Squadron booths will serve food and beverages. You can also bring your own picnic basket and non-alcoholic drinks.

Call 577-6377 for more information.

Family Footlocker makes parenting easier

Learn new tips, tricks and techniques for better parenting in "Family Footlocker," a class sponsored by Miramar's Counseling Center and New Parent Support Group. Classes run from Aug. 28 to Oct. 2, and will be held Tuesday nights from 6 to 8 p.m. at the Murphy Canyon Chapel (in the Rear Admiral White Small Chapel). Participants are welcome to bring a brown-bag dinner. Limited childcare will be provided. Registration is required. Call 577-9812 or (619) 524-0805.

Enlisted club improvements

Due to the installation of a new dance floor and carpeting in the Enlisted Club main ballroom, dance programs will be discontinued from approximately until Aug. 15, when the E-Club will hold its Grand Re-Opening celebration from 4 pm. to closing.

The night will feature a live reggae band, a DJ, the Foster's Girls, prizes and giveaways, not to mention the debut of the new dance floor.

For more information call 577-4820.

Moving Wall comes to town

The Veterans Memorial Center will showcase the Vietnam Moving Wall, Aug. 10-12. The 240-foot replica of the Vietnam Veterans Memorial in Washington will be available for public viewing beginning 8 a.m., Aug. 10.

Opening Ceremonies will be Aug. 11 at 10 a.m., with a candlelight vigil at 7 p.m.

For more information call the Vietnam Veterans of America, San Diego Chapter 472 at (619) 239-5977.

101 Days Unit Challenge

Earn money for your unit's recreation fund with the 101 Days of Summer Unit Challenge. For more information go to www.mccsmiramar.com or call D.J. McCluskey at 577-1936.

101 Days “BEST” competition

Are you a creative writer or an artistic person? Miramar Marine Corps Community Services is holding their "BEST" essay competition and "BEST" poster competition.

The deadline to enter is Aug. 15.

For more information call Julie Carlson,
Health Promotion Education at 577-7963.

Area 51 talent contest

Show your stuff – sing, dance, tell a few jokes – at the Area 51 talent contest Aug. 15.

Call 577-7968 to sign up.

Spouse job opportunity

Do you have writing talent? Looking for an opportunity to set your own hours, work out of your home, take your job with you wherever your spouse is stationed and still make good money?

For more information about this job and others call Miramar's Career Resource Center at 577-6491 or 6710.

Volunteer opportunities

◆ The Wetland Avengers, an Aquatic Adventures Science Education Foundation project, is seeking military volunteers to help restore the wetland habitats of San Diego County. The project will begin at 9 a.m., Sept. 8, and military volunteers are encouraged to wear their utility uniforms. For more information contact Melissa Studer at 274-0724.

♦ Volunteers are needed to assist in San Diego's "Vietnam Wall Experience" in Balboa Park, Aug. 10-12. Volunteers will read the names from the wall aloud and provide guest directory services. For more information contact Vietnam Veterans Association, Chapter 472 at (619) 338-8585.

◆ AIDS Walk San Diego needs volunteers Oct. 7, to help set up, man the booths, provide security and register other volunteers.

The AIDS Walk raises money for HIV and AIDS awareness programs, research, and screenings. For more information contact Marcella Martin at (619) 260-1068.

◆ Help beautify the San Diego community by volunteering to plant trees. Most plantings take place on Saturday morning. The project will stretch between Aug. 4 and Oct. 27. For more information contact Patrick Stevenson at (619) 697-0151.

◆ The BEST Mentor Program is looking for mentors to help troubled children in the San Diego area. The program needs volunteers who have at least one day a week to spend 2-3 hours with a child. The time should be spent doing positive, meaningful activities that will instill a sense of value in the child. For more information contact Calvin Clayton at (619) 297-8111.

Ad Space

Pond,
 continued from page 5
 Natural Resources Department wildlife biologist.

The next phase involves ‘373 Marines bringing in broken concrete from around the air station to build artificial reefs for the fish, however, this must be done while the pond is dry, said Taylor. The ‘373 Marines will also gather old telephone poles to construct a rustic barricade around the pond and parking lot areas. They will also put in concrete for the foundations for the pier pylons.

Throughout the process ‘373 has been, and will continue to be, involved in all the heavy equipment, construction and trail building activities, according to Taylor. The firefighters from the station fire department in conjunction with ‘373 were critical in performing a control burn around the pond, as well as establishing fuelbreaks and firebreaks, said Taylor.

“I commend ‘373 and the command not only for the incredible cooperation, but for their contribution. They’ve been outstanding in their efforts,” said Taylor. He added that the fire department has bent over backwards for this project, which has been unique because it has provided training that these units would not have had otherwise.

The project was started in the spring of 2000. Much of the delay for this project was because of the heavy rains, which made draining the pond impossible and kept workers from starting the final phase of the project. Other contributing factors include ensuring the station had a Clean Water Act permit and a California Regional Quality

Cancer,
 continued from page 3
 women and the legs for women.”

Turiansky said there are a number of reasons more people are being diagnosed with melanoma every year, but the best way to combat the disease is to avoid excessive ultraviolet exposure, cover the skin with sunscreen and clothing, perform self-examinations, and report any changes to a doctor.

Control Board certification both of which are required in construction projects involving bodies of water.

Taylor said the estimated completion of the pond and all pond-related work is scheduled for November.

Thrift,
 continued from page 1


For more information on volunteering or the thrift store call Anne Evans or Charlene Weiscope at 577-1809.

To donate items to the Navy-Marine Corps Thrift Store drop them off in the marked receptacles behind the store, which is located next to the uniform shop in building 6275.




SAVE ENERGY

we may need it later



Flight Jacket



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